Global Horizon
TRAINING CENTER

Training Course:
Emotional Resilience for Project Managers

2 - 6 November 2025
Cairo (Egypt)
Holiday Inn & Suites Cairo Maadi, an IHG Hotel

Training Course:
Emotional Resilience for Project Managers

Training Course code: PC235755 From: 2 - 6 November 2025 Venue: Cairo (Egypt) - Holiday Inn & Suites Cairo Maadi, an IHG Hotel Training Course Fees: 3550 Euro

Introduction

Project managers operate in high-pressure environments, juggling tight deadlines, shifting priorities, and team dynamics. Emotional resilience is a critical skill that helps project managers stay focused, manage stress, and lead teams effectively despite challenges.

This 5-day training program equips project managers with practical strategies for stress management, emotional intelligence, and team motivation. Participants will learn how to develop a resilient mindset, navigate workplace stress, and foster a positive work culture to enhance team morale and overall project success.

Course Objectives

By the end of this training, participants will be able to:

- Develop emotional resilience to manage project-related stress effectively.
- Build a growth mindset to navigate uncertainty and setbacks.
- Enhance self-awareness and emotional intelligence for better decision-making.
- Improve team morale and motivation through resilience-building techniques.
- Apply stress management and mindfulness practices in high-pressure situations.

Target Audience

This program is designed for project managers and professionals handling high-stress environments, including:

- Project Managers & Team Leaders managing complex workloads.
- Scrum Masters & Agile Coaches working in fast-paced teams.
- Business Analysts & Product Managers balancing multiple project demands.
- IT & Operations Managers responsible for service delivery under pressure.
- PMO Project Management Office Professionals ensuring project success.

Training Program Outline

Day 1: Understanding Emotional Resilience in Project Management

- Defining resilience and why it matters in project environments.
- Identifying stress triggers and pressure points in project management.
- The impact of stress on performance and decision-making.

- Emotional intelligence EQ and its role in resilience.
- Self-assessment: Measuring personal resilience levels.

Day 2: Stress Management & Coping Strategies

- Recognizing early signs of burnout and project fatigue.
- Techniques for managing stress under pressure.
- Using time management & prioritization to reduce work overload.
- Mindfulness techniques for staying calm and focused.
- Practical exercise: Developing a personal stress-management plan.

Day 3: Building a Resilient Leadership Mindset

- Shifting from fixed to growth mindset in project management.
- Managing uncertainty and adapting to project changes.
- Strengthening self-motivation and maintaining focus.
- Effective communication techniques for handling team stress.
- Role-playing: Handling difficult project scenarios with resilience.

Day 4: Team Resilience & Positive Workplace Culture

- Creating a supportive and high-morale project team.
- Encouraging open communication and psychological safety.
- Handling team conflicts and negative emotions constructively.
- Techniques for building motivation and engagement.
- Workshop: Designing a resilience-building strategy for your team.

Day 5: Long-Term Resilience & Sustainable Success

- Developing daily habits for resilience and mental well-being.
- Leveraging past failures as learning opportunities.
- Setting resilience goals for ongoing professional growth.
- Building resilience into company culture for sustained impact.
- Final exercise: Personal action plan for continuous resilience improvement.

Global Horizon
TRAINING CENTER

Registration form on the Training Course: Emotional Resilience for Project Managers

Training Course code: PC235755 From: 2 - 6 November 2025 Venue: Cairo (Egypt) - Holiday Inn & Suites Cairo Maadi, an IHG Hotel Training Course Fees: 3550 Euro

Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

Delegate Information

Full Name (Mr / Ms / Dr / Eng): .....
Position: .....
Telephone / Mobile: .....
Personal E-Mail: .....
Official E-Mail: .....

Company Information

Company Name: .....
Address: .....
City / Country: .....

Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng): .....
Position: .....
Telephone / Mobile: .....
Personal E-Mail: .....
Official E-Mail: .....

Payment Method

- [ ] Please find enclosed a cheque made payable to Global Horizon
- [ ] Please invoice me
- [ ] Please invoice my company

Easy Ways To Register

Telephone: +201095004484 to provisionally reserve your place.

Fax your completed registration form to: +20233379764

E-mail to us : info@gh4t.com or training@gh4t.com

Complete & return the booking form with cheque to:Global Horizon 3 Oudai street, Aldouki, Giza, Giza Governorate, Egypt.